

CLAIMS

Subj

1. A method for transmitting data comprising the steps of:
2 transmitting a message indicative of the rate of said data and the time
interval over which said data will be transmitted at said rate; and
4 transmitting said data at said rate during said time interval.

2. The method of Claim 1 wherein said message comprises:
2 an indication of the frame type;
4 an indication of said rate of said data; and
4 an indication of said time interval.

3. The method of Claim 1 wherein said message comprises:
2 a two bit indication of the frame type;
2 a four bit indication of said rate of said data; and
4 a four bit indication of said time interval.